

# Beautiful American Countess Starts Fad for Vegetarian Exercises



VEGETARIAN exercise has been introduced to the London Society of Vegetarians, organized by the countess of Essex for the benefit of the first society women of England whose nerves had become jaded with the arduous duties of the London season. Prompted by the return of her former loveliness consequent on the adoption of a vegetarian diet, it is little wonder that her lovely ladyship, Adele Grant, countess of Essex, famed as a London beauty, but for years a delicate woman because of nerves shattered by society's demands, is an enthusiast in all that pertains to vegetarianism.

The vegetarians of whom Lady Essex is a member have for their aim the curing of nervous diseases, and some of London's most prominent society women have been admitted to the ranks of the food cure. The queen herself is dabbling in it, trying it for a few days at a time. The duchess of Devon, daughter of King Edward belongs to this set, and, with her two little daughters, may be seen daily in the little city park, taking her constitutional, walking briskly after the fashion of English women who are out for exercise in the open air.

Many persons suppose that vegetarianism means the eating of vegetables and nothing else. But the true vegetarian not only eats vegetable food, but, in addition to this, he or she takes up what may be called a vegetarian form of exercise.

## Pumpkins for Vegetarian Exercise.

One branch of this society, the set living in Carlton House terrace and in the fashionable streets near by, are taking a great deal of gymnastic work. The other day when the class met in their gymnasium was shockingly cold. The air whistled through it and the members were chilled to the bone.

But the leader, an English woman who was used to fresh air, set them at work. "I am going to give you a new set of exercises today, the pumpkin exercises," said she. And then she, who by the way is an American woman and a New Englander, tossed a pumpkin of medium size to each woman, and in a few minutes the class was busily engaged in doing the pumpkin exercises.

"A pumpkin," said the teacher, laughing at the strange gymnastic implement, "being large and round and unwieldy, is the best possible thing for these reasons:—

"It takes two hands to hold it and so it exercises the wrists.

"It is heavy and so it brings the muscles into play.

"It is hard to manage it without dropping it, and so the brain must do a little work.

## Dexterity Required Enlivens Work.

"And being just the weight of an ordinary pair of dumb bells it takes their place and is better for the reason that it requires more dexterity.

"A woman when exercising should have a problem to solve. She must punch the bag, or wield the sword, or use the gloves, or in some way exercise her brain. Otherwise her exercise is tedious enough.

"Now, attention," said she to her club. And for half an hour, until all were laughing and panting, they tossed the pumpkins back and forth and did gymnastic exercises with them until they were all in a glow.

"Now run," commanded the instructor. And off they all started on a jog trot, running steadily for the rest of the hour.

While this is one side of the vegetarian society it is by no means at all both sides. And many would say that it is not the most important side. Dieting is the principal thing and the vegetarian must learn to eat this food, and to go without that food, and to select the right articles to drink.

## Society Divided in Two Classes.

In this vegetarian society, which is doing so much for the beauties of London, there are two distinct classes or divisions. The first division is the lax one. The members eat fish and oysters of all kinds and this opens up a fine course of food supply. They have shell fish and baked fish, and boiled fish and every kind of sea food that tempts the appetite. With this they have their fruits, their nuts, and their vegetables and grains.

But the other set of the vegetarian society are far stricter. They eat nothing at all in the way of animal life. And, in place of meat, they eat a cake which is composed of chopped nuts, ground wheat, and the best of fruit, all mixed together and baked in a pan. It is served with a tomato sauce and is really palatable.

In an institution in London where the tired beauty can go, they make it a point to serve stewed fruit with each meal, and good fruit it is. Breakfast begins with a compote of stewed peaches served on oatmeal. Then come coffee, the best of eggs, and plenty of toast and marmalade. The dinner contains many a dish of stewed fruit, which is mixed up with rice, with other fruit, and served in soups and in sauces. It is astonishing to note what one can do with vegetables and fruits. And for supper there is another set of dishes.

"You can do more with vegetables than you can with meat," said the steward of one of the vegetarian retreats,

where immense prices are charged fashionable patients for teaching them to do without meat. "And the patients say that they never fared better.

"We have certain rules for certain cases.

"Those with poor complexions are put upon fruits, stewed always, and on vegetables prepared without a cream sauce. We give them no milk or cream.

## Nervous Eat Five Meals Daily.

"Those who are afflicted with nerves are given green vegetables, ripe fresh fruits, uncooked, and all their meals are eaten in the open air. We give them hot cooked breads and plenty of things to nourish and feed the nerves. We see that they do not go hungry and we feed them five times a day.

"Nervous patients are given a great deal of fluid. They usually are people who drink little and we give them plenty of fruit drinks, one of the best being hot apple tea. To make apple tea you cut up apples and cover them with hot water. When they have steeped you pour off the juice and serve it hot with sugar and cream. A better apple tea is made by serving apple juice with sugar and lemon.

"Nervous patients are given water that is not too hot, they are given sweet light wines, unfermented grape juice,

and all kinds of things that are healthful and satisfying. The trouble is that the woman with too many nerves invariably does not supply the system with a sufficient amount of fluid and that is why she is so nervous. She should drink pure fresh water as often as she can do so.

## Milk Diet Builds Up Nerves.

"The milk diet is also one of the vegetarian's strongholds. If the woman who is ailing and nervous will take the milk diet she will get well. Let her procure four quarts of good fresh pure milk. Let her begin in the morning and take a glass of milk every half hour all day. This will cleanse her system and purify it, carrying off all the impurities of the stomach and blood.

"The milk diet can be taken in a different way. The patient can drink her cup of coffee in the morning and take her chop. But after this one meal she must not take another meal until the next morning. Instead of this she drinks a glass of milk every hour. This is not strictly vegetarian, but it borders upon it and is an improvement upon the meat eating three times a day.

"The nervous woman requires fluid, and until she learns to take a great deal of it into her stomach she will never be well."

A little exercise to steady the nerves



You make your muscles strong this way

Countess of Essex, the beautiful American convert to vegetarian methods.

The Vegetarian class does this every day for fifteen minutes.

A pumpkin exercise of the Vegetarian Society

# Scientist Says Love Is a Disease and Tells How to Cure It.

IN this day of enlightenment the old fashioned phrase, "love sick," has come to stand for an actual ailment. According to Dr. Maurice de Fleury, a French student of mania, love, or as he is pleased to term it, "love infatuation," is in reality a malady. He further asserts that it is a malady with well defined symptoms, and that it is susceptible to treatment much as any other illness with which the medical profession has been acquainted for a long time.

In the face of this the person of immature years who has been thwarted in love affairs through parental objection and who languishes and pines for the beloved one, is too carelessly termed "love sick" and is left to care for themselves with no further thought. The men or women who, as victims of unrequited or unacknowledged love, grow thin, pale, and worried and neglect their duties may no longer go along without the interference or care of friends. Where once it was entirely right and proper to call the so afflicted "love sick" and leave them to themselves, now the discovery of M. Fleury makes it imperative that the unfortunate ones be taken care of and placed under the treatment of an experienced practitioner, just as if the malady they suffer with was any one of the hundreds that people are familiar with.

There are two kinds of love, according to Dr. Fleury. There is the "healthy love," which brightens life like the sun, breaking through the dreary clouds of November and makes the life of the fortunate possessor one unending song of happiness and joy at being alive. This love is as beneficial to the

one whom it overtakes as the other love, "love infatuation," is harmful. The former is the love whereof the gods know, the sublime passion which illuminates the commonplaceness of life; the other is its exact antithesis.

"Healthy love" is the expression of all that is good and beautiful in man or woman; "love infatuation" is a morbid sort of intoxication of the better senses, a mania to be listed in the same category with that produced by alcohol, morphia, or other agents inimical to the best in nature.

In short Dr. Fleury ranks this passion as a strong intoxicant and one that is to be handled with just as much care and just as judiciously as alcohol. The phrases "drunk with love" or "intoxicated with the feeling that flowed over him" have been for many decades among the tools of the hysterical novelist, but science so far has taken no notice of this condition.

But the doctor who has recently made his findings into the realm of the tender passion public asserts that in his investigations of people suffering from the love malady he has found well defined evidences of physical depression and derangement of the nervous system similar to the conditions found in the patient suffering from alcohol or drugs. Further, his researches have made evident that in each case where the patient was in the advanced stages of the "malady" there was a previous falling of the bodily health and spirits and that love infatuation finds the majority of its victims among those who are not gifted with great powers of resistance.

"The strong are the ones in whom the healthy love oc-

curs; the weak suffer from the malady." This is the conclusion that Dr. Fleury arrives at as to the susceptibility of different kinds of people to the disease. Thus, the easy victim to influenza, or any kind of severe cold, or insomnia or the person whose health and spirits suffer with weather depression becomes a ready victim to love infatuation. The man or woman whose health is always in good condition and whose vitality is maintained at a high point has little to fear from it.

This bringing of the holy passion down to a cold physical basis will possibly be resented by the innumerable votaries of Cupid and others who insist that love is not of the things of the body, but of the soul. Truly it is not of the things of the body, but of the soul. It is the soul that is deranged and fondly entertained notions of soul affinities, etc., but Dr. Fleury insists that his discoveries in the matter are all of scientific importance and all based upon actual facts. To substantiate this he announces that the malady is amenable to treatment like any other human ailment. Further, he declares that he has discovered the remedy.

He reports: "The victim of love infatuation should be treated in the same way as one would treat a dipsomaniac or morphomaniac. The 'poison' should be gradually suppressed and the bodily energy built up until the patient has regained the accustomed vigor. With the patient in a perfectly healthy condition there is absolute assurance of a cure and little likelihood of a recurrence of the disease."

The "love malady," "love infatuation," or whatever name the medical profession may see fit to give the newly exploited disease will thus be seen to be caused, principally,

by low spirits or low physical condition. Reasoning along this line, if a man meet a maiden to whom he is naturally attracted and it is a raw, depressing day, if he is in poor health and spirits he is in great danger of becoming infatuated to the detriment of his spiritual and physical condition. But if the day be bright, if he is in good health and spirits, he may be asked for the attraction that the maiden may have for him will be of the kind that generates the healthy love that results in romances of the "lived happy ever afterwards" variety.

If a man or a woman be smitten with the former unprofitable kind of passion it behooves them to take prompt measures toward remedying the same. As is the case with other ailments, the longer it is allowed to run the more violent the form it assumes and the more difficult the cure. The first aim should be to cure any bodily ailments that one may have been suffering from previous to the attack of infatuation. If it is cold in the head, cure it first. If the liver, stomach, or other organs are out of order hasten to take such treatment as will bring them around into good condition. If it is only a plain case of physical debilitation, of bodily lassitude and general weakness, then away with the victim to the physical culturist, the open air and plain food and the other agents that make for health and strength. Once the desired condition of bodily perfection is attained the troublesome infatuation is guaranteed to quickly disappear.

So far Dr. Fleury has not discovered the medicinal compounds may be taken in a spoon for the new malady. But with the rosy glow of health all morbid passion will die

a natural death. The assistance of the mind in controlling the body is also part of the treatment. Cheerfulness, interest in the world at large, and other things that may help the afflicted one forget the source of trouble are all beneficial, as they relieve the melancholia of the patient.

How far and how serious the illness will grow in a person Dr. Fleury does not say. If it is to be classed with the mania accompanying other forms of intoxicants the effects of a severe case of infatuation upon the system may have effects that are far reaching and highly injurious. The victim of morphomaniac becomes in a short time a wreck, bodily, mentally, and spiritually. The sufferer from melancholia, while seldom suffering to the extent of the drug victim, frequently becomes a prey to the affliction to the extent that the body and mind are wrecked beyond all hope of an active and useful life. The years are only a succession of dark and dreary days with no sustaining hope to illumine life and the victim of this malady is an easy victim to the first severe disease that may attack.

If the effects of the love mania are the same on the human body, and Dr. Fleury declares they are, the necessity of treatment for the "love sick" one can be easily seen. The young man or woman suffering a disappointment in love at the beginning of life can, if no means of treatment be taken, be so subjected to the mania as to render them practically invalid, and prevent them from attaining any measure of success or happiness. "Dying of a broken heart" must now be looked upon as a real condition, and one for which there is a genuine cure.

# Epidemic of Marriage Robs Schools of Their Teachers.

ARE school teachers sly in their love affairs? They are, according to a record that has been made in the town schools of Michigan City, Ind.

Today Cupid is in the midst of the greatest siege that he has ever laid against a community.

There are sixty teachers in the schools of the city. Within the last few weeks twelve of them have married. The majority of them were surprise weddings. That is what authority in social matters of the town says. Today the board of education hasn't the least idea how many other surprises of the same kind are in store for it. A pair of them may pop up tomorrow. More next week. The whole staff is liable to find mates before Christmas.

The superintendent, Louis W. Keeler, inaugurated the marrying era. He did so by taking to wife one of his pretty grade teachers. Here is now the list of victims of the little god has been built up within a few short weeks:

Louis W. Keeler.  
Miss Lora Hamrick.  
Miss Bessie Carr.  
Miss Mary Southgate.  
Miss Daisy Brown.  
Miss Anna Boyea.

Hundreds of the best posted people in Michigan City did

not know that the dear sweet girls were even in love until they heard that they were married. One teacher left her school on Friday evening, heart whole and fancy free, as everybody from the president of the board down to the janitor believed. She went down to Laporte on Saturday morning. At that time she did not know that she would come back a wife. But she did. She had kept the matter to herself. She hadn't decided when she left her boys and girls on Friday evening.

On Monday morning there was a new face back of the teacher's desk. The children all filed in slowly. Their eyes were the size of saucers. They were fairly consumed with surprise and curiosity mixed in equal portions.

"Be you our teacher?" a bright little thing ventured.

"Yes, my girl."

"Where's other teacher?"

"Married."

"Married?"

The word came from forty little throats in chorus. The young woman hadn't even resigned. When she married, she

married out of her position. The board heard of the marriage Saturday and filed her place by Monday. The Indiana law prohibits the hiring of married woman teachers.

When Prof. Keeler was asked about the fact that one-fifth of his entire force had married in a twinkling, as it were, he said it was an unusual state of affairs. Such a thing

hadn't happened in forty years. He believed it would not take place again in a period as long. He laid it all to an abnormal condition.

"What is that condition?"

"Well, you see, this is leap year—" and then the young educator stopped short.

"Do you mean to say that the teachers did the proposing?"

"I wouldn't undertake to answer that, sir."

It was gathered from the superintendent that the marrying sentiment prevails. It pervades communities. It is in the air, never so well developed. Many young men are well fixed financially for taking on additional cares, and they are doing so, as the county records show.

Educational people in other sections say that a large number of teachers are marrying and that this is the reason that teachers are scarce. A large number of young merchants and professional men marry this class of workers. Many of the men who have been in business in Michigan City for years have begun married life with a teacher for a bride. A large number of the teachers come from the interior towns or from the farms of Indiana. They are all trained housekeepers and know as much about taking care of a home as they do about training youngsters to shoot ideas.

An Indiana school man must be capable to get the best pay. The rate is based entirely on his merit. The examiner

visits a school and gives a teacher a rating for "scholarship and success." The average may be 100 or it may be less. If it is 100 that figure is multiplied by 2%, and that means that she will get \$2.50 a day. She will get less if her general average is under 100. Most of the Indiana teachers make enough to dress well and to lay up a little for a rainy day, if they may board at home. Nature has given a large number of them pretty faces and good health. They have all the qualifications to make good wives and the young men have not been slow to find it out.

There is another class of school people who furnish town merchants and professional men with good wives. They are the girls who go to boarding schools and colleges. They marry the men they meet in the town in which the school is located. It is ascertained that one of the older colleges in Rockford, Ill., has not turned out a single class since early in the '50s of which some of the girls have not become the wives of Rockford men.

The first class consisted of only seven girls, but two of them married Rockford boys. They graduated in 1854, and not long since the whole class, all of whom married happily, met in Rockford and held the fiftieth anniversary of their graduation. For fifty years the business and professional men of the town have been following the same custom, and in some of the most prominent homes are the wives who went to Rockford as college girls.

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